



Hey Look! It's us. The Colony Seniors are on their way to London, England Great fun.

Please see Bulletin Board for April Birthdays

Get Well Cards

Gerri Taylor - Peggy Bernet

Food Drive: The area food banks are short many items and have a large demand. Bring your non-perishable items to the Center and leave with the feeling that you helped someone in need get through a rough time in their lives.

Veterans: The Denton County Veteran Services Offices are in the Government Building at 6301 Main Street each Friday from 8:00am to 10:00am. All services are free to veterans.

SPAN: Call SPAN at 972-624-2247 at least 24 hours in advance for daily lunches at The Colony Community Center or meals delivered to homebound seniors. Must be registered with SPAN.

Meals on Wheels needs volunteers to deliver meals to homebound seniors.

Contact Charlotte Garrison at 972-624-2247.

Chair Volleyball

Monday, Wednesday & Friday
10:45am - 11:45am

Support the Senior Citizens of The Colony

Kroger donates part of your spending for the entire year, to the senior 501(c)(3) organization. On-line registration is required. Go to:

The Colony Community Center
5151 N. Colony Blvd.
The Colony, TX 75056
972-624-2246

Community Center Membership

The Colony Community Center is a membership facility. You must have a Facility Use Pass to participate in Community Center activities.

Resident	\$10
Resident/Fitness 55+	\$15
Non-Resident	\$18
Non-Resident/Fitness 55+	\$25
Non-Member Daily Rate	\$2

Day Trips and Tours

You must have a current membership pass to register for any trip or tour. Reservations are only confirmed after payment has been received. All reservations are first come, first served.

Covered Dish Gatherings

2nd Friday of each month at 6:30pm
Last Friday of each month at 12:00 noon

"Color Yourself Calm"

Mondays and Fridays at 12:00pm
Non-Bingo Thursdays at 10:00am

According to the Dallas Morning News, coloring is the latest rage. However, you won't be in a rage if you take up coloring. Studies show that it is as calming and relaxing as meditating. So let your left brain and your right brain work together as you enjoy this old hobby that is new again.

We need your help!

It's **really important** that you scan your ID card. *Attendance figures effect the center's budget.*

Tai Chi for Arthritis — Free

Intermediate Class

Mondays & Wednesdays 1:00 — 1:45pm

It is slow, gentle movements designed to improve movement and balance. Anyone wishing to improve range of motion is welcome.

The Colony Community Center

April 2016



Bingo

Friday	Apr.	1	6:30pm
Thursday	Apr.	7	10:00am
Friday	Apr.	15	6:30pm
Thursday	Apr.	21	10:00am

The Director and Staff of The Colony Community Center are pleased to announce our Volunteer of the Month.

Congratulations!

Joanne Woeppel

Your dedication and service is greatly appreciated. (see details on the Bulletin Board)

Soup & Sandwich Luncheon Jokes on You Day

Friday, April 1 — 12:00 - 1:30pm

Soup and Sandwiches will be served and there will be an open mic for telling jokes. All jokes must be G-rated! That means they really have to be funny - nothing offensive. If you find a really funny joke but don't like speaking to crowds, turn it in to staff. We will tell it for you. If you find a funny comic, we can scan it to the TV.

Dallas Blooms at the Arboretum — \$16

Thursday, April 7 — 10:00am 4:00pm

Stroll through a spring extravaganza of flowers featuring tulips of all varieties. This field trip requires a lot of walking. Lunch is on your own. Bring a picnic lunch to enjoy on the grounds or dine at the snack bar or restaurant. Price includes transportation.

Memories in the Making - Free

Friday, Apr. 15 — 11:30am — 12:30pm

Join us for a free arts program for individuals with dementia. This program allows individuals to use art as a therapeutic medium, with no previous art experience necessary.

Memory Care Support Group

Friday, Apr. 15— 11:30am — 12:30pm

Running simultaneously with Memories in the Making, this is a support group for the loved ones and caregivers of someone with dementia.

Sign up for The Frisco Rough Riders \$26

Monday, May 9 — 6:00pm — 11:30pm

Cheer the Rough Riders to victory over the Midland RochHounds as you enjoy all-you-can-eat and seats behind home plate. A fun outing!



The Colony Seniors Caribbean Cruise We're going to The Bahamas and Key West

December 4 - 11, 2016

Balcony Stateroom \$1153/person double
Inside Stateroom \$878/person double
\$250 deposit per person guarantees cabin
Insurance due w/deposit
\$79 inside, \$95 balcony

Trip Includes:

Cruise on Carnival Breeze
All port charges and taxes
Round trip shuttle service
Tips for bus driver and baggage handling
Departure from The Colony Community Center
For more details call Diana - 972-624-2246